

# Multiple-Choice Questions



— A TEXTBOOK OF —

# Physical Education

Class XI



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## Chapter 1: CHANGING TRENDS AND CAREERS IN PHYSICAL EDUCATION

- Physical education leads to ..... development of the students.
  - partial
  - impractical
  - biased
  - holistic
- How we live each day is determined by the entire ..... ability to function as a whole.
  - mind
  - body
  - limbs
  - none of these
- What is the primary goal of physical education?
  - Increase productivity
  - Decrease productivity
  - Improve academic scores
  - Improve professional relationships
- The aims and objectives of physical education include:
  - Social aspect of development
  - Neuro-muscular aspect of development
  - Organic aspect of development
  - All of these
- “Physical education is a process through which an individual claims optimal physical, mental and social skills and fitness through physical activity.” The quote was given by
  - Irwin
  - Jesse Feiring Williams
  - Lumpkin
  - Charles A Bucher
- “Physical education is education through physical activities for the development of the total personality of the child to its fullness and perfection in ....., ..... and .....”  
– Central Advisory Board of Physical Education and Recreation
  - body, mind, spirit
  - social, mental, physical
  - emotional, spiritual, cultural
  - brain, limbs, heart
- What is one of the objectives of physical education?
  - To build up a good citizen
  - To build up a good student
  - To build a sports prodigy
  - None of these
- How can the body, as can be seen from the eyes, kept in shape?
  - By exercising
  - By maintaining correct posture
  - By eating a healthy diet
  - All of these
- The strengthening of the internal organs leads to
  - playing games professionally.
  - boosting the immune system.
  - prevention against degenerative diseases.
  - both (b) and (c)
- What kind of a system do sports and games rely on and why?
  - Two systems for coordination
  - Two systems for balance
  - Two systems for concentration
  - Two systems for endurance
- Sports and games require ..... and .....
  - agility, pace
  - mental alertness, concentration
  - challenges, self-reliance
  - development, well-being
- How is adolescence portrayed in literature and movies?
  - A smooth period
  - A confusing period
  - A rough period
  - An emotional period

13. Which of the following positive outcomes of physical education may not be immediately visible?
  - a. Growth of social skills
  - b. Growth of mental skills
  - c. Growth of emotional skills
  - d. Growth of physical skills
14. What sort of values does physical education help us develop?
  - a. Team spirit and cooperation
  - b. Team leading and cooperation
  - c. Personal development and non-cooperation
  - d. Personal coordination and cooperation
15. What are the courses offered in physical education?
  - a. BA or BSc in Physical Education
  - b. Bachelor of Physical Education and Sports (BPES)
  - c. Bachelor in Physical Education (BPEd)
  - d. All of the above
16. Physical education has been made mandatory for classes ..... to ..... by the CBSE.
  - a. VI to X
  - b. I to V
  - c. I to XII
  - d. X to XII
17. Teaching physical education is a science in its own right, entailing a number of duties such as:
  - a. training and coaching students in physical activities and specific sports
  - b. organising sporting events
  - c. maintaining sports equipment, gymnasiums, fields, pools, etc.
  - d. all of the above
18. In what ways does effective coaching helps students?
  - a. Development of skills and performance improvement
  - b. Development of personality and performance improvement
  - c. Development of mental peace and security
  - d. Development of physique and agility improvement
19. Job opportunities in the field of physical education are available in ..... and .....
  - a. corporate offices, hospitals
  - b. religious institutions, schools
  - c. schools, colleges
  - d. none of these
20. .... has led to more people taking out time from their daily routine to devote to physical fitness.
  - a. Appreciation for community development
  - b. Appreciation for physical development
  - c. Appreciation for healthier lifestyle
  - d. Appreciation for mental well-being
21. Which of the following is an important criteria for being a successful trainer?
  - a. Being honest
  - b. Being socially fit
  - c. Being physically fit
  - d. All of these
22. Khelo-India is an initiative of .....
  - a. Government of India
  - b. Aero Club of India
  - c. State Board of India
  - d. Sports Association of India
23. How many objectives are there of the Khelo-India Programmae?
  - a. 6
  - b. 10
  - c. 15
  - d. 12
24. .... has been revamped after the merger of Rajiv Gandhi Khel Abhiyan, Urban Sports Infrastructure Scheme and National Talent Search Scheme.
  - a. Khelo-India Programme
  - b. Indian Olympics
  - c. Play-India Programme
  - d. Indian Championships Programme

25. Which of the following are the objectives of Khelo-India Programme?  
a. Play Field Development  
b. Annual Sports Competition  
c. Sports for Women  
d. All of these
26. Khelo-India strives to promote .....  
a. 'Sports for one' as well as 'Sports for all'  
b. 'Sports for all' as well as 'Sports for excellence'  
c. 'Sports for one' as well as 'Sports for many'  
d. 'Sports for development' as well as 'Sports for excellence'
27. How many features are there of the Khelo-India Programme?  
a. 12  
b. 15  
c. 10  
d. 2
28. The Khelo-India Programme also aims at creating .....  
a. an active population with healthy lifestyle  
b. a strong population with rich lifestyle  
c. a healthy population with active lifestyle  
d. an active lifestyle with healthy population

**ANSWER KEY**

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 1. d  | 2. b  | 3. a  | 4. d  | 5. c  |
| 6. a  | 7. a  | 8. d  | 9. d  | 10. a |
| 11. b | 12. c | 13. a | 14. a | 15. d |
| 16. c | 17. d | 18. a | 19. c | 20. c |
| 21. c | 22. a | 23. d | 24. a | 25. d |
| 26. b | 27. a | 28. a |       |       |

## Chapter 2: Olympism Value Education

1. What was the very first Olympic venue?  
a. Olympic, a valley in Elis on the Peloponnese Peninsula  
b. Greece, a valley in Elis on the Peloponnese Peninsula  
c. Italy, a valley in Elis on the Peloponnese Peninsula  
d. France, a valley in Elis on the Peloponnese Peninsula
2. Which was the very first event in Olympics?  
a. A single stadium footrace  
b. A single court handball tournament  
c. A double court football  
d. A double stadium baseball
3. Who won the first ever event at the first ever Olympics?  
a. A driver named Harris  
b. A cook named Coroebus  
c. A shepherd named Lucas  
d. A pilot named Copernicus
4. Where can the ruins of the birthplace of Olympic games be found?  
a. Florence, Italy  
b. Paris, France  
c. Olympia, Greece  
d. Berlin, Germany
5. What events were added with the passage of time?  
a. Hoplitodrome  
b. Chariot Races  
c. Pentathlon and Pankration  
d. All of these

6. The Olympic Games were actually just one of the four ancient ..... games held at an interval of two or four years.
  - a. Pythian
  - b. Nemean
  - c. Panhellenic
  - d. Isthmian
7. The myths of ....., ..... and ..... are some of the several myths to which the origin of the Olympics has been attributed.
  - a. Pythian, Nemean, Isthmian
  - b. Zeus, Heracles, Hippodamia
  - c. Hoplitodrome, Pentathlon, Pankration
  - d. Olympia, Hercules, Gracia
8. Who could participate in the ancient Olympic Games?
  - a. Bonded Greeks
  - b. Freeborn Greek Males
  - c. Freeborn Greek Females
  - d. Bonded Greek Males
9. Who all could not take part or were barred from entering the stadium in the ancient Olympic Games?
  - a. Married women
  - b. Slaves and Convicts
  - c. Professionals
  - d. All of these
10. What were the participants required to do before coming to Olympia?
  - a. Participate in their state games
  - b. Practice for six months in their state
  - c. Train for ten months in their state
  - d. Participate in mini-Olympics
11. What was the other name of the Olympic Truce?
  - a. Ekecheiria
  - b. Elecheiria
  - c. Elkcheiria
  - d. Emcheiria
12. Who were the Spondophoroi?
  - a. Four runners who spread the message to the other nation states
  - b. Three runners who spread the message to the other nation states
  - c. Four runners who announced the results in the other nation states
  - d. Three runners who announced the results in the other nation states
13. Where was the torch lit during the ancient Olympic games?
  - a. At the altar of Zeus
  - b. At the altar of Pythian
  - c. At the altar of Heracles
  - d. At the altar of Hippodamia
14. How were the winners felicitated during the ancient Olympic games?
  - a. With a wreath of leaves of the sacred olive tree in the Zeus temple
  - b. With a wreath of leaves of the sacred basil tree in the Zeus temple
  - c. With a wreath of leaves of the sacred oak tree in the Zeus temple
  - d. With a wreath of leaves of the sacred pine tree in the Zeus temple
15. Who won three different footraces in four consecutive olympics?
  - a. Milo Croton
  - b. Leonidas of Rhodes
  - c. Cynisca of Sparta
  - d. Macedonia Bilistiche
16. How could women participate in Olympics?
  - a. By presenting a marriage certificate
  - b. By nominating their male heir
  - c. By hiring athletes
  - d. By nominating their husbands
17. What were the four-horse and two-horse races called?
  - a. Spondophoroi and Ekecheiria
  - b. Spondophoroi and Tethrippon
  - c. Ekecheiria and Synoris
  - d. Tethrippon and Synoris

18. When were the Olympic Games abolished and by whom?
- In 394 CE by the Roman emperor Theodosius I
  - In 349 CE by the Roman emperor Theodosius I
  - In 394 CE by the Roman emperor Theodosius II
  - In 349 CE by the Roman emperor Theodosius II
19. How was Zeus' statue destroyed?
- In a lake in Constantinople
  - In a fire in Constantinople
  - In a lake in Greece
  - In a fire in Greece
20. The starting of the modern Olympic Games can be credited to .....
- Baron de Coubertin, a Parisian
  - Carlton de Bourbon, a Greek
  - Theodus de Hercules, an Olympian
  - Zeus de Olympus, a French
21. When were the first modern Olympics held?
- 1982
  - 1882
  - 1896
  - 1892
22. "He who is not courageous enough to take risks will accomplish nothing in life." Who gave the following statement?
- Muhammad Ali
  - Muhammad Ibrahim
  - Muhammad Sheikh
  - Muhammad Faruqi
23. The hoisting of Olympic flag is preceded by .....
- Charity and cultural programmes
  - Fund raising and charity programmes
  - Cultural and entertainment programmes
  - Charity and entertainment programmes
24. How many anthems are played at the closing ceremony?
- Two
  - Three
  - One
  - Five
25. Whose closing speech marks the end of the closing ceremony?
- The Vice-President of the IOC
  - The President of the IOC
  - The Chancellor of the IOC
  - The Chairman of the IOC
26. Which of the following is not a rule for competitors in the Olympic games?
- They should be the citizen of a participating country by law
  - Previously professionals were not allowed. This was eventually rectified.
  - There is an age limit and members of both sexes may participate.
  - None of the above
27. How many rings are there in the Olympic Games symbol?
- Two
  - Three
  - Five
  - Seven
28. What do the words '*Citius, Altius, Fortius – Communiter*' stand for?
- Faster, Higher, Stronger – Together
  - Serious, Attentive, Friendly – Together
  - Healthy, Happy, Alive – Together
  - Keen, Calm, Focussed – Together
29. The Olympic motto was borrowed from .....
- Baron de Coubertin, a Greek poet
  - Henry Didon, a Dominican priest and a sports enthusiast
  - Pierre de Coubertin, a Greek athlete and a philosopher
  - Baron de Coubertin, a Parisian emperor

30. When and where was the first modern Olympic games' flag hoisted?
- At the Olympic Games, Greece in 1920
  - At the Euro League, England in 1920
  - At the Antwerp Games, Belgium in 1920
  - At the Summer Olympics, Paris in 1920
31. Which of the following is not an objective of the Olympic Games?
- The development of team spirit, sense of loyalty and honour among humanity.
  - To promote competitive sports and preserve them for future generations.
  - To bring national communities closer and call for peace and harmony.
  - To highlight the importance of Physical Education and its positive impact.
32. Which of the following values are a part of Olympic values?
- Friendship and Solidarity
  - Peace and Equality
  - Fair Play
  - All of these
33. .... is India's first sportsperson to compete in the sport of luge at Winter Olympics.
- Shiva Keshavan
  - Mary Kom
  - Vijendra Singh
  - Milkha Singh
34. What is the meaning of the word 'Paralympics'?
- Games following the Olympics
  - Parallel games to the Olympics
  - The games preceding the Olympics
  - None of these
35. When were special Olympics introduced and by whom?
- In 1968 by Eunice Kennedy Shriver
  - In 1986 by Eunice Kennedy Shriver
  - In 1968 by John F Kennedy
  - In 1986 by John F Kennedy
36. Special Olympics is for .....
- everyone including people with physical disabilities
  - everyone including people with intellectual disabilities
  - everyone except people with intellectual disabilities
  - everyone except people with physical disabilities
37. In which years were the Olympic Games cancelled in the 20th century due to World War?
- 1940
  - 1916
  - 1944
  - All of these
38. What was the name given to the Olympic Games of 1948?
- Austerity Games
  - Paralympic Games
  - Special Olympics
  - Winter Olympics
39. When were Germany and Japan finally allowed to be a part of the games after the world war?
- 1936
  - 1948
  - 1952
  - 1932
40. When did women participate in the games for the first time?
- 1900
  - 1880
  - 1904
  - 1888
41. Who brought a team of disabled people to the games parallel to the Olympics?
- Sir Henry Goldsmith
  - Sir Ludwig Guttmann
  - Sir John Kennedy
  - Sir Jesse Owens
42. When was basketball introduced in the Olympic Games?
- 1932
  - 1928
  - 1936
  - 1924



43. What happened to the games in 1980?
- Boycotted by 61 nations
  - Boycotted by 15 communist block countries
  - Boycotted by the Soviet Union
  - Boycotted by African countries
44. How many countries participated in the Olympic Games of 2000?
- 165
  - 199
  - 200
  - 250
45. What was special about the 2004 Olympic Games?
- The Games returned to Athens after a century.
  - The parallel Olympic games were introduced.
  - Women were finally allowed to participate.
  - Players with intellectual disabilities were allowed to participate.
46. How many Olympic records were broken during the 2008 games?
- 142
  - 152
  - 132
  - 162
47. IOC stands for .....
- International Olympia Committee
  - International Olympous Committee
  - International Olympic Committee
  - None of these
48. Who was the first President of IOC?
- Demetrios Vikelas
  - Pierre de Coubertin
  - Sir Ludwig Guttmann
  - Norman Pritchard
49. When did India participate in the Olympics for the first time?
- 1800
  - 1900
  - 2000
  - 1950
50. Where were the first Summer Olympics held?
- Athens, Greece in 1896
  - Chamonix, France in 1924
  - Tokyo, Japan in 1964
  - Paris, France in 1924
51. Where were the first Winter Olympics held?
- Athens, Greece in 1896
  - Chamonix, France in 1924
  - Tokyo, Japan in 1964
  - Montreal, Canada in 1976
52. The first Summer Youth Olympics were hosted by ..... in .....
- Barcelona, 1992
  - Tokyo, 1964
  - Sydney, 2002
  - Singapore, 2010
53. The first Winter Youth Olympics were hosted by ..... in .....
- Barcelona, 1992
  - Athens, Greece, 1904
  - Chamonix, France, 1924
  - Innsbruck, Austria, 2012
54. What are some of the main functions of the Indian Olympic Association?
- To ensure the regular celebration of the Olympic Games.
  - To act against any form of discrimination affecting the Olympic Movement.
  - To lead the fight against doping in sports.
  - All of the above
55. What is Indian Olympic Association also known as?
- Antarashtriya Olympic Sangh
  - Bharatiya Olympic Sangh
  - Bharatiya Khel Sangh
  - Hindustani Khel Sangh

56. Who established the Bharatiya Olympic Sangh?  
 a. Sir Dorabji Tata  
 b. Dr A G Noehren  
 c. Norman Pritchard  
 d. Both (a) and (b)
57. When was the Bharatiya Olympic Sangh established?  
 a. 1927  
 b. 1972  
 c. 1872  
 d. 1987
58. The official year of the IOA lasts from ..... to .....  
 a. 1 April, 31 March  
 b. 1 January, 31 December  
 c. 1 July, 30 June  
 d. 1 May, 30 April
59. The IOA elections are held every ..... years.  
 a. 4  
 b. 10  
 c. 12  
 d. 5
60. Which of the following are the positions in the IOA board for which the elections are held?  
 a. President and Senior Vice President  
 b. Secretary General and Treasurer  
 c. One representative elected out of the Athletes Commission  
 d. All of the above

#### ANSWER KEY

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 1. a  | 2. a  | 3. b  | 4. c  | 5. d  |
| 6. c  | 7. b  | 8. b  | 9. d  | 10. c |
| 11. a | 12. b | 13. a | 14. a | 15. b |
| 16. c | 17. d | 18. a | 19. b | 20. a |
| 21. c | 22. a | 23. c | 24. b | 25. b |
| 26. c | 27. c | 28. a | 29. b | 30. c |
| 31. c | 32. d | 33. a | 34. b | 35. a |
| 36. b | 37. d | 38. a | 39. c | 40. a |
| 41. b | 42. c | 43. a | 44. b | 45. c |
| 46. c | 47. c | 48. a | 49. b | 50. a |
| 51. b | 52. d | 53. d | 54. d | 55. b |
| 56. d | 57. a | 58. a | 59. a | 60. d |

## Chapter 3: YOGA

1. When was 21 June selected as the International Yoga Day?  
 a. The Indian Prime Minister's UN address of 2015  
 b. The Indian Prime Minister's UN address of 2014  
 c. The Indian Prime Minister's UN address of 2017  
 d. The Indian Prime Minister's UN address of 2019
2. Why was 21 June selected as the International Yoga Day?  
 a. because it is the longest day in the Northern Hemisphere  
 b. because yoga was discovered on this date  
 c. because it is the longest day in India  
 d. because it is an auspicious day as per the Hindu calendar

3. The origin of yoga can be traced back to .....
  - a. post-Vedic Indian traditions – around fourth and fifth centuries BCE
  - b. pre-Vedic Indian traditions – around fourth and fifth centuries BCE
  - c. post-Vedic Indian traditions – around sixth and fifth centuries BCE
  - d. pre-Vedic Indian traditions – around sixth and fifth centuries BCE
4. The 196 *Yoga Sutras* of Patanjali date back to the .....
  - a. fourth century CE
  - b. first century CE
  - c. fifth century CE
  - d. sixth century CE
5. Who was responsible for taking the art of yoga to the West?
  - a. Patanjali
  - b. Swami Vivekananda
  - c. Maharishi Ved Vyas
  - d. Kalidas
6. Yoga has been derived from the Sanskrit word ..... which means ‘to unite/join/add/attach’.
  - a. ‘yuj’
  - b. ‘yug’
  - c. ‘yog’
  - d. ‘yoj’
7. What is ‘union through love and devotion’ called?
  - a. Atma yoga
  - b. Parmatma yoga
  - c. Bhakti yoga
  - d. Shakti yoga
8. What is the ‘unification of Atma and Parmatma’ called?
  - a. Yoga
  - b. Asana
  - c. Samadhi
  - d. Pratyahara
9. “Skill in actions of efficiency alone is yoga.” The statement was given by .....
  - a. Patanjali
  - b. Maharishi Ved Vyas
  - c. Shri Bharti Krishan Tirth
  - d. Lord Krishna
10. What is the goal of yoga?
  - a. To help us utilise the mind and body to achieve an awareness of ourselves as a unit
  - b. To help us utilise the breath and body to achieve an awareness of ourselves as a unit
  - c. To help us utilise the breath and mind to achieve an awareness of ourselves as a unit
  - d. To help us utilise the mind and physique to achieve an awareness of ourselves as a unit
11. Which of the following is not a part of Yama?
  - a. Tapa
  - b. Satya
  - c. Brahmacharya
  - d. Aparigraha
12. Which of the following means ‘conquering greed and living’?
  - a. Aparigraha
  - b. Ahimsa
  - c. Satya
  - d. Asteya
13. Which of the following means ‘compassion for all living beings’?
  - a. Aparigraha
  - b. Ahimsa
  - c. Satya
  - d. Asteya
14. Which of the following means ‘commitment to the truth’?
  - a. Aparigraha
  - b. Ahimsa
  - c. Satya
  - d. Asteya
15. Which of the following means ‘avoidance of stealing and being happy with what one has’?
  - a. Aparigraha
  - b. Ahimsa
  - c. Satya
  - d. Asteya

16. Which of the following means 'conquering of bodily desires'?
- Brahmacharya
  - Ahimsa
  - Satya
  - Asteya
17. Which of the following means 'cleanliness of body and mind'?
- Swadhyaya
  - Tapa
  - Saucha
  - Santosha
18. Which of the following means 'contentment and modesty'?
- Swadhyaya
  - Tapa
  - Saucha
  - Santosha
19. Which of the following means 'proper use of our body's energy'?
- Swadhyaya
  - Tapa
  - Saucha
  - Santosha
20. Which of the following means 'self-examination'?
- Swadhyaya
  - Tapa
  - Saucha
  - Santosha
21. Which of the following means 'celebration of the spiritual; to surrender to God'?
- Swadhyaya
  - Ishwara pranidhana
  - Saucha
  - Santosha
22. Universal morality and ethics are called .....
- Samadhi
  - Pratyahara
  - Niyama
  - Yama
23. Asanas refers to ..... while Pranayama refers to .....
- physical exercises; breathing exercises and control of breath
  - body postures; breathing exercises and control of prana (internal energy)
  - body movements; mind exercises and control of brain
  - control of the senses; union with the divine
24. Control of the senses is called .....
- Tapa
  - Pranayama
  - Pratyahara
  - Dhyana
25. Dharana refers to .....
- control of the senses.
  - union with the divine
  - body postures
  - concentration and cultivating inner perceptual awareness
26. What is the difference between Dhyana and Samadhi?
- Dhyana is devotion, meditation on the divine will, whereas, samadhi is union with the divine.
  - Dhyana is union with the divine, whereas, samadhi is devotion, meditation on the divine will.
  - Dhyana is concentration and cultivating inner perceptual awareness, whereas, samadhi is union with the divine.
  - Dhyana is union with the divine, whereas, samadhi is concentration and cultivating inner perceptual awareness.
27. How was the inception of International Yoga Day commemorated by Indian Postal Services?
- By distributing books on yoga
  - By releasing a stamp
  - By releasing a postcard
  - By distributing posters on yoga

28. Which of these asanas does not specifically contribute to reduction of stress and tension?
- Padmasana
  - Makarasana
  - Suptasana
  - Shavasana
29. How many doshas (energies) are there in our body?
- Two
  - Three
  - Seven
  - Five
30. What are the three doshas for?
- Physical purity
  - Mental stability
  - Correction of body posture
  - Spiritual development
31. Which of the following cannot be attained by practicing yoga?
- Cure and prevention of diseases
  - Maintenance of correct body posture
  - Increase in flexibility and attractiveness
  - Improvement in social life
32. Which of the following asana is not for improving body posture?
- Mayurasana
  - Chakrasana
  - Bhujangasana
  - Vajrasana
33. Which of the following asanas is practiced for spiritual development?
- Mayurasana
  - Chakrasana
  - Padmasana
  - Dhanurasana
34. Practice of yama and niyama make an individual more ..... and .....
- social, spiritual
  - moral, ethical
  - lean, thin
  - emotional, practical
35. What does yama stand for?
- Universal morality and ethics
  - Personal rules
  - Postures and positions
  - Concentration
36. What does niyama stand for?
- Meditation
  - Personal rules
  - Enlightenment
  - Withdrawal from the sense
37. Which of the following is not a sub-discipline of yama?
- Ahimsa
  - Satya
  - Asteya
  - Santosh
38. Which of the following is not a sub-discipline of niyama?
- Saucha
  - Tapa
  - Brahmacharya
  - Swadhyaya
39. How many sub-disciplines are there of yama?
- Five
  - Seven
  - Three
  - Four
40. How many sub-disciplines are there of niyama?
- Five
  - Seven
  - Three
  - Four
41. Aparigraha refers to .....
- practicing non-violence and believing in peace
  - adoption of lifestyle determined by vital needs
  - denouncement of excessive sexual desires and lust
  - to speak the truth and not steal

42. Ishwara Pranidhana refers to .....
- having a clean body and mind
  - upholding modesty as a virtue which brings contentment of mind
  - disciplined use of energy produced in the body
  - proximity with the divine; following the will of God and accepting his grace
43. What does not make a part of the rule of tapa?
- Healthy diet
  - Correct body posture
  - Vigorous exercise
  - Soothing nerves
44. What is Swadhyaya?
- Study of the self
  - Figuring out one's own strengths and weaknesses
  - Thoughtful reflection on oneself and one's actions
  - All of the above
45. What does asana stand for?
- Yogic postures and positions
  - Breathing exercises
  - Withdrawal from the senses
  - Meditation
46. What does pranayama stand for?
- Yogic postures and positions
  - Breathing exercises
  - Withdrawal from the senses
  - Meditation
47. What does pratyahara stand for?
- Yogic postures and positions
  - Breathing exercises
  - Withdrawal from the senses
  - Meditation
48. What does dharana stand for?
- Yogic postures and positions
  - Breathing exercises
  - Withdrawal from the senses
  - Concentration
49. What does dhyana stand for?
- Meditation
  - Personal rules
  - Physical purity
  - Enlightenment
50. What does samadhi stand for?
- Meditation
  - Personal rules
  - Physical purity
  - Enlightenment
51. prana+ayama refers to ..... + .....
- mind, control
  - breath, control
  - body, control
  - posture, control
52. What is samadhi?
- Profound contemplation without distraction
  - The sixth limb of ashtanga yoga
  - The highest limb in ashtanga yoga
  - Gaining mastery over external sensory pleasures
53. What is prayahara?
- Profound contemplation without distraction
  - The sixth limb of ashtanga yoga
  - The highest limb in ashtanga yoga
  - Gaining mastery over external sensory pleasures

54. What is dharana?
- Concentration or single focus
  - Profound contemplation without distraction
  - The seventh limb of ashtanga yoga
  - Control of body and breath
55. Which one of the following is not a constituent of pranayama?
- Puraka
  - Bhastrika
  - Kumbhaka
  - Rechaka
56. Which of the following is not a name of samadhi?
- Samprajnata and Sabija
  - Savikalpa and Asamprajnata
  - Nirvikalpa and Nirbija
  - Ujjayi and Plavini
57. How does Patanjali describe asana?
- Asthiram sukham asanam
  - Ashtanga yogam
  - Sthiram sukham asanam
  - Asamprajnata asanam
58. Which of the following is not a category under which asanas can be classified?
- Meditative asanas
  - Figurative asanas
  - Relaxative asanas
  - Cultural or corrective asanas
59. Which one of the following is not a benefit of performing asanas?
- Making practitioner alert to the centre of his being
  - Improving blood circulation for smoother functioning of internal organs
  - Reinforcing immunity and resistance, enhancing acuteness of the senses
  - Increasing fatigue to help the body sleep better
60. There are ..... meditative, ..... relaxative and ..... cultural or corrective asanas, respectively.
- three, four, four
  - four, three, four
  - three, three, four
  - four, three, three
61. Which one of the following is not a mudra in padmasana?
- Chin
  - Chinmayi
  - Sabija
  - Adi
62. Swastikasana is also called .....
- lotus pose
  - ankle lock pose
  - thunderbolt pose
  - cow pose
63. Which one of the following is not a meditative asana?
- Vajrasana
  - Gomukhasana
  - Swastikasana
  - Matsyasana
64. Which asana is known to stimulate digestion and liver function?
- Swastikasana
  - Makarasana
  - Vajrasana
  - Halasana
65. Hare pose or ..... tones the pelvic muscles, stimulates abdominal organs and stretches and relaxes the spine.
- Shirshasana
  - Shashankasana
  - Makarasana
  - Shavasana
66. Makarasana is the opposite of which asana?
- Shirshasana
  - Shashankasana
  - Sukhasana
  - Shavasana

67. Which of the following is not a stage in cultural asanas?
- Preparing for the position
  - Coming into the position
  - Holding the position
  - Releasing oneself from the position
68. Which of the following is not a benefit of Shirshasana?
- Normalising blood pressure
  - Increase in blood circulation
  - Improving the skin and vision
  - Reducing hair loss
69. People with blood pressure problems, insomnia, migraine and back injuries should avoid .....
- Halasana
  - Shirshasana
  - Matsyasana
  - Shalabhasana
70. Shalabhasana is practiced to .....
- toughen back muscles
  - strengthen the spine, wrists, hips, thighs and arms
  - relieving back pain and sciatica
  - all of these
71. How many types of pranayama are there?
- Seven
  - Nine
  - Eight
  - Twelve
72. What are the benefits of suryabhedhi pranayama?
- Increases flow of gall and digestion
  - Provides warmth and purifies the blood
  - Reduces phlegm and gas
  - All of these
73. What are the benefits of ujjayi pranayama?
- Sharpens the mind
  - Lowers the risk of a heart attack
  - Helps patients cope with respiratory diseases, especially asthma
  - All of the above
74. Which of the following is not a benefit of sheetkari pranayama?
- Lowering of blood pressure and body temperature
  - Improves metabolism
  - Relieving of stress
  - Enhancement of digestion
75. Sheetli pranayama is also called .....
- the sound breath
  - the hissing breath
  - the cooling breath
  - breath of fire
76. Bhastrika pranayama is not to be practiced by the patients of .....
- hypertension
  - epilepsy
  - seizures
  - all of these
77. Which of the following pranayama is also called bee breath?
- Ujjayi pranayama
  - Bhramari pranayama
  - Plavini pranayama
  - Kapalbhati
78. In which pranayama is the practitioner required to balance on the hands?
- Ujjayi pranayama
  - Bhramari pranayama
  - Plavini pranayama
  - Kapalbhati



79. Which pranayama is performed to improve metabolism, blood circulation and functions of the liver and kidneys?
- Ujjayi pranayama
  - Bhramari pranayama
  - Plavini pranayama
  - Kapalbhati
80. Meditation is also called .....
- dhyana
  - chitta
  - vritti
  - neti
81. How many yogic kriyas are there?
- Six
  - Five
  - Four
  - Seven
82. Neti or nasal cleaning can be done using .....
- cotton thread
  - water
  - ghee and milk
  - all of these
83. What are the two types of neti?
- Sutra neti
  - Jal neti
  - Bhat neti
  - Both (a) and (b)
84. What is kapalbhati also known as?
- The front brain bellowing
  - Colon cleansing
  - Detox breath
  - Both (a) and (c)
85. What are the benefits of trataka?
- Strengthen abdominal organs and muscles
  - Trains the eyes and helps the mind to focus, improves concentration
  - Cleanses the large intestine
  - Strengthens the liver and eases the process of digestion and ejection
86. What does vasti refer to?
- Mind cleansing
  - Body cleansing
  - Colon cleansing
  - None of these
87. Which of the following is not a type of dhauti?
- Jala dhauti
  - Sutra dhauti
  - Kapal dhauti
  - Vastara dhauti
88. How is nauli practiced?
- By churning or shaking the belly
  - By breathing heavily
  - By balancing on hands and head
  - By meditating with eyes closed
89. "Yoga is the silencing of the modifications of the mind." This translation was given by .....
- Patanjali
  - I K Taimni
  - B K S Iyenger
  - Shri Bharti Krishan Tirth
90. According to the approach of "Ahara" in managing a healthy lifestyle, how should the stomach be ideally filled?
- Completely filled with food
  - Half filled with food, one-fourth with water, and one-fourth with air
  - Three-fourths filled with food and one-fourth with water
  - Half filled with water and half with air

91. Which of the following is emphasized under “Vichara” for maintaining a healthy lifestyle?
- Performing actions with detachment
  - Controlling thoughts and giving positive direction to negative ones
  - Maintaining proper relationships and sound sleep
  - Following right habits and behavior towards others

#### ANSWER KEY

1. b	2. a	3. d	4. b	5. b
6. a	7. c	8. a	9. d	10. b
11. a	12. a	13. b	14. c	15. d
16. a	17. c	18. d	19. b	20. a
21. b	22. d	23. b	24. c	25. d
26. a	27. b	28. a	29. b	30. a
31. d	32. d	33. c	34. b	35. a
36. b	37. d	38. c	39. a	40. a
41. b	42. d	43. d	44. d	45. a
46. b	47. c	48. d	49. a	50. d
51. b	52. c	53. d	54. a	55. b
56. d	57. c	58. b	59. d	60. b
61. c	62. b	63. d	64. c	65. b
66. d	67. a	68. a	69. c	70. d
71. c	72. d	73. d	74. b	75. c
76. d	77. b	78. c	79. d	80. a
81. a	82. d	83. d	84. d	85. b
86. c	87. c	88. a	89. b	90. b
91. b				

## Chapter 4: PHYSICAL EDUCATION AND SPORTS FOR CHILDREN WITH SPECIAL NEEDS

- What does the term “disability” refer to?
  - The ability to perform all functional tasks
  - A temporary condition that affects everyone
  - The inability or incompetency in performing functional work due to impairment
  - A state of complete well-being
- How is a child with an IQ between 35 and 55 categorized in terms of intellectual disability?
  - Mild intellectual disability
  - Moderate intellectual disability
  - Severe intellectual disability
  - Profound intellectual disability
- What is the full form of CWSN?
  - Common Wealth Special Needs
  - Children With Special Needs
  - Common Wealth Sports Needs
  - Children With Sports Needs
- Physical education helps students attain \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ prowess.
  - physical, emotional, mental, social
  - national, international, local, personal
  - muscular, mental, spiritual, social
  - personal, public, national, international

5. Which of the following disability makes it difficult for children to compete with their abled peers on the same level?
  - a. Poverty
  - b. Illiteracy
  - c. Autism
  - d. Casteism
6. What was introduced as a sub-discipline to include children with disabilities?
  - a. Adaptive physical education
  - b. Aggressive physical education
  - c. Sedentary physical education
  - d. Specialised physical education
7. What is the objective of adaptive physical education?
  - a. To cater to special needs and create a safe space for them to play
  - b. To cater to special needs and create a space for them to realise physical and mental well-being
  - c. To cater to special needs and create a competitive space for them
  - d. To cater to special needs and create a space for them to test their physical strength
8. The Persons with Disabilities (Equal Opportunity Protection of Rights and Full Participation) Act was given in .....
  - a. 2001
  - b. 2016
  - c. 1994
  - d. 1995
9. Which of the following does not broadly define disability?
  - a. Blindness and low-vision
  - b. Leprosy-cured
  - c. Mental retardation and illness
  - d. Leukoderma-cured
10. The Individuals with Disabilities Education Act was introduced in .....
  - a. 1992
  - b. 1990
  - c. 1993
  - d. 1998
11. Adaptive physical education aims to:
  - a. help students to improve their balance, coordination and posture
  - b. make them realise healthy self-esteem through increased physical independence
  - c. reduce health complications
  - d. all of the above
12. Apart from sufficient knowledge and experience, what are the other qualities required in a trainer?
  - a. Patience, empathy, strong communication skills and ethical pedagogical approach
  - b. Awareness of the neurological motor behaviours and development patterns
  - c. Both (a) and (b)
  - d. None of the above
13. Name the organisations which promote adaptive sports.
  - a. Special Olympics Bharat
  - b. Paralympics
  - c. Deaflympics
  - d. All of these
14. When and where was the matter of inclusive education first adopted?
  - a. World Education Forum: Access and Quality (Salamanca Statement, Spain, 1994)
  - b. World Conference on Special Needs Education: Process and Possibility (Salamanca Statement, Spain, 1994)
  - c. World Conference on Special Needs Education: Access and Quality (Salamanca Statement, Spain, 1994)
  - d. World Education Forum: Process and Possibility (Salamanca Statement, Spain, 1994)
15. At the Jomtein World Conference in Thailand, 1990, education was recognised as a .....
  - a. fundamental human right
  - b. natural human right
  - c. moral human right
  - d. legal human right

16. What are the two goals relevant to inclusive education adopted by the delegates at JWC, 1990?
  - a. Universal access to learning and a focus on equity
  - b. Universal access to games and a focus of equality
  - c. Universal access to learning and a focus on equality
  - d. Universal access to games and a focus of equity
17. Project Integrated Education for Disabled Children (PIED) was launched by?
  - a. UGC in 1987
  - b. ICSE in 1987
  - c. CBSE in 1987
  - d. NCERT in 1987
18. Which of the following measures laid stress on the integration of students with special needs into the mainstream?
  - a. The National Policy on Education (1986)
  - b. The District Primary Education Programme (1997)
  - c. Sarva Shiksha Abhiyan (2001)
  - d. All of the above
19. Integrated Education for Disabled Children (IEDC) Scheme was replaced by?
  - a. Project Integrated Education for Disabled Children (PIED)
  - b. Inclusive Education of the Disabled at the Secondary Stage (IEDSS)
  - c. The Programme of Action (PoA)
  - d. None of the above
20. What are the reasons for need of inclusion?
  - a. To let them enjoy the fundamental human right of education
  - b. To produce skilled individuals and capable citizens
  - c. To reduce discrimination and enhance social skills and emotional intelligence
  - d. All of the above
21. What are the measures for implementation of inclusion?
  - a. A proper realisation of RTE Act and its provisions
  - b. Specialised training programmes for teachers
  - c. Developing curricula and instructional designs for students with disability
  - d. All of the above
22. Why is it important to adopt and execute frameworks like the Dakar Framework for Action?
  - a. For implementation of inclusion
  - b. For conceptualising inclusion
  - c. For hiring special education counsellor
  - d. For training as an occupational therapist
23. What was the objective of the Saksham Scholarship Scheme (2014)?
  - a. To provide support and encouragement to 1000 differently abled students to pursue physical education in a year
  - b. To provide support and encouragement to 1000 differently abled students to pursue dental education in a year
  - c. To provide support and encouragement to 1000 differently abled students to pursue technical education in a year
  - d. To provide support and encouragement to 1000 differently abled students to pursue medical education in a year

24. What is the role of a special education counsellor for children?
- To hold sessions with students on a one-on-one or group basis
  - To figure out the best ways of bringing a strong and productive relationship between the students and their teachers
  - To expand the social skills of the students and identify their aptitudes, and intervene in cases of trauma
  - All of the above
25. Occupational therapists are important for children with .....
- difficulties in hearing and viewing
  - difficulties in coordination and sensory processing
  - difficulties in coordination and walking
  - difficulties in hearing and sensory processing
26. Which one of the following is not a responsibility of an occupational therapist?
- To help students perfect their fine motor and visual skills, as well as take care of themselves
  - To assess the abilities of the students and encourage them to participate in the activities of the classroom and playgrounds
  - To devaluate the needs of students individually and as a group, provide intervention along with evaluation
  - To bring about improvement in the instructional methods, such as modification of the classroom equipment and facilities
27. A physiotherapist is usually well-versed in related disciplines such as .....
- anatomy, physiology, biomechanics, kinesiology and neuroscience
  - psychology, anatomy, biomechanics, kinesiology and neurology
  - anatomy, physiology, psychology, kinesiology and neurology
  - psychology, anatomy, biomechanics, physiology and neurology
28. Who is responsible for designing programmes and activities that involve promotion of balance, strength and coordination?
- Special Education Counsellor
  - Occupational Therapist
  - Physiotherapist
  - Special Educator
29. What is a speech therapist also known as?
- Speech Language Perfectionist (SLP)
  - Speech Language Pathologist (SLP)
  - Speech Language Practitioner (SLP)
  - Speech Language Physicist (SLP)
30. A Special Educator with a Registered Professional Certificate is an expert in working with students with .....
- learning, neurological, personal and physical disabilities
  - learning, personal, social and physical disabilities
  - learning, neurological, social and physical disabilities
  - learning, mental, emotional and physical disabilities

#### ANSWER KEY

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 1. c  | 2. b  | 3. b  | 4. a  | 5. c  |
| 6. a  | 7. b  | 8. d  | 9. d  | 10. b |
| 11. d | 12. c | 13. d | 14. c | 15. a |
| 16. a | 17. d | 18. d | 19. b | 20. d |
| 21. d | 22. a | 23. c | 24. d | 25. b |
| 26. c | 27. a | 28. c | 29. b | 30. d |

## Chapter 5: PHYSICAL FITNESS, WELLNESS AND LIFESTYLE

1. "Physical fitness is a state of well-being with low risk of premature health problems and energy to participate in a variety of physical activities." The statement was given by .....
  - a. Kirchner
  - b. Thomas A Edison
  - c. Don Hoskin
  - d. Hawley and Frank
2. Complete the statement: "Physical fitness is the capacity to meet the ..... and the ..... physical challenges of life with success." – David R Lamb
  - a. present, potential
  - b. present, future
  - c. existing, unexplored
  - d. existing, capacity
3. What is wellness?
  - a. It is the state of being healthy and free of diseases.
  - b. It is the state of being healthy and happy.
  - c. It is the state of being happy and fit.
  - d. It is the state of being fit and content.
4. Life goals can be pursued fruitfully only when ..... parts are in sync.
  - a. auditory, kinaesthetic, visual, olfactory and gustatory
  - b. physical, mental, emotional, spiritual and environmental
  - c. mental, physical, auditory, visual and olfactory
  - d. auditory, mental, visual, olfactory and gustatory
5. State whether the two statements are true or false: Wellness is not restricted to treating diseases. It is not the culmination of a way of living which keeps illness and adverse health conditions at a distance.
  - a. True; True
  - b. False; True
  - c. True; False
  - d. False; False
6. State whether the two statements are true or false: Processing wellness is akin to processing great wealth. It renders life balanced, more wholesome and enjoyable.
  - a. True; True
  - b. False; True
  - c. True; False
  - d. False; False
7. How do physical fitness and wellness play an important role in our lives?
  - a. By improving organ efficiency and reduced risk of ailments
  - b. By improving posture and balance of the body
  - c. By boosting immune system and keeping fatigue away
  - d. All of the above
8. How can physical fitness and wellness be cultivated?
  - a. By exercising for at least 30 minutes a day
  - b. By eating a balanced diet
  - c. Spending time in clean and calming environment
  - d. All of the above
9. It is a popular notion that physically active are blessed with ..... brains.
  - a. normal
  - b. quicker
  - c. slow
  - d. special
10. Dynamic and static are types of .....
  - a. abilities
  - b. flexibility
  - c. speed
  - d. strength

11. Dynamic strength can be divided into ..... parts.
  - a. three
  - b. two
  - c. four
  - d. five
12. Which of the following are components of physical fitness?
  - a. Strength, Endurance, Speed, Flexibility and Well-being
  - b. Strength, Endurance, Speed, Flexibility and Coordinative Abilities
  - c. Speed, Flexibility, Well-being, Environment and Stress
  - d. Speed, Flexibility, Well-being, Mental Strength and Agility
13. What are the two types of Endurance?
  - a. Reaction and Acceleration
  - b. Short-term and Long-term
  - c. Maximum and Explosive
  - d. Active and Passive
14. What are the two types of Flexibility?
  - a. Reaction and Acceleration
  - b. Short-term and Long-term
  - c. Maximum and Explosive
  - d. Active and Passive
15. What are the types of Speed?
  - a. Reaction, Acceleration, Locomotor and Movement Ability
  - b. Speed Endurance
  - c. Both (a) and (b)
  - d. None of the above
16. Which type of strength is applied to accomplish tasks of short duration and heavy resistance such as weightlifting?
  - a. Maximum Strength
  - b. Explosive Strength
  - c. Static Strength
  - d. Muscular Strength
17. Activities like high jump, long jump, pole vault, sprint starts, etc. require .....
  - a. Maximum Strength
  - b. Explosive Strength
  - c. Static Strength
  - d. Muscular Strength
18. What are the activities that require strength endurance?
  - a. Running
  - b. Cycling
  - c. Combative sports
  - d. All of these
19. What is the other name for isometric strength?
  - a. Dynamic Strength
  - b. Strength Endurance
  - c. Static Endurance
  - d. Static Strength
20. .... is determined by the working capacity of the individual's muscles, the degree of resistance against fatigue and environmental conditions and their pace of recovery after exhaustion.
  - a. Speed
  - b. Endurance
  - c. Strength
  - d. Flexibility
21. The ability to perform motor movements quickly under conditions of fatigue. What does the given statement define?
  - a. Locomotor Ability
  - b. Movement Ability
  - c. Speed Endurance
  - d. None of these
22. The ability to respond quickly and correctly to a stimulus, as needed and observed in combative sports. What does the given statement define?
  - a. Locomotor Ability
  - b. Movement Ability
  - c. Speed Endurance
  - d. Reaction Ability

23. Which type of flexibility does not require external help?
- Passive Flexibility
  - Active Flexibility
  - direct Flexibility
  - Indirect Flexibility
24. How many components are there of wellness?
- Six
  - Five
  - Eight
  - Nine
25. Which of the following is not a component of wellness?
- Nutritional Wellness
  - Personal Wellness
  - Financial Wellness
  - Environmental Wellness
26. The ability to maintain equilibrium of the body in both dynamic and static positions is called .....
- Balance Ability
  - Combinatory Ability
  - Adaptation Ability
  - Rhythm Ability
27. What is a key component of social wellness?
- Balanced engagement with one's spiritual surroundings
  - Active engagement with one's spiritual surroundings
  - Passive engagement with one's social surroundings
  - Healthy engagement with one's social surroundings
28. Does physical and intellectual wellness assure emotional wellness?
- Yes
  - No
  - Always
  - None of these
29. How can we reduce our stress and frustration to a large extent?
- By developing money management goals
  - By spending after saving
  - By focusing on the principle of 'waste not, want not'
  - All of the above
30. To keep one's thinking, learning and judgement skills sharp with growing age, it is important to perform .....
- practice a sport
  - gymnastics
  - regular physical activities
  - meditation
31. .... deals with short duration muscle contraction involved in anaerobic activities.
- Arm Strength
  - Muscular Strength
  - Physical Strength
  - Anaerobic Strength
32. What is affected by joint structure, muscle length, tendons, ligaments, etc.?
- Flexibility
  - Speed
  - Endurance
  - Strength
33. Flexibility can be improved by practising .....
- music
  - yoga
  - study
  - law
34. What does good cardiovascular endurance imply?
- Heart, lungs and vascular system are in perfect working condition.
  - Heart and mind are in perfect working condition.
  - Respiratory and nervous system are in perfect working condition.
  - Brain, heart and sensory system are in perfect working condition.



35. Which of the following is true about body composition?
- a. It is the same for all individuals.
  - b. It differs from males to mammals.
  - c. It is the same for all women and vertebrates.
  - d. It differs from individual to individual.

#### ANSWER KEY

1. d	2. a	3. a	4. b	5. c
6. a	7. d	8. d	9. b	10. d
11. a	12. b	13. b	14. d	15. c
16. a	17. b	18. d	19. d	20. b
21. c	22. d	23. b	24. c	25. b
26. a	27. d	28. b	29. d	30. c
31. b	32. a	33. b	34. a	35. d

## Chapter 6: TEST, MEASUREMENT AND EVALUATION

1. A ..... may be defined as a tool, a question or an examination which is used to measure a particular characteristic of an individual or a group of individuals.
  - a. measurement
  - b. test
  - c. evaluation
  - d. both (b) and (d)
2. "A test is a tool to evaluate the skill, knowledge, capacities or aptitudes of an individual or a group." Who gave this statement?
  - a. John F Kennedy
  - b. H M Barrow
  - c. Webster Dictionary
  - d. Jack Nelson
3. Which of the following is not a testing method used in physical education and sports?
  - a. Miller Poolball Test
  - b. Kraus Weber Test
  - c. Fitness Gram
  - d. National Physical Efficiency Test
4. Which act or process involves the assignment of numerical values to whatever is being tested?
  - a. Assessment
  - b. Evaluation
  - c. Test
  - d. Measurement
5. "Measurement refers to the process of administrating a test to obtain quantitative date." Who gave this statement?
  - a. John F Kennedy
  - b. H M Barrow
  - c. Webster Dictionary
  - d. Jack Nelson
6. BMI is the ratio of .....
  - a. body weight and square of height
  - b. body mass and square of height
  - c. body fat and square of weight
  - d. body height and square of weight
7. What is the systematic assessment of information using criteria governed by a set of standards that provides useful feedback about the performance of a sportsperson called?
  - a. Assessment
  - b. Evaluation
  - c. Test
  - d. Measurement
8. For which of the following are tests, measurements and evaluation in the field of sports and physical education important?
  - a. Motivation
  - b. Goal setting
  - c. Research
  - d. All of these

9. Who invented BMI?
  - a. Adolphe Quetelet
  - b. W H Sheldon
  - c. Barry L Johnson
  - d. McGee
10. If a woman's WHR is more than 0.85, then she is .....
  - a. perfectly fit
  - b. lean
  - c. at health risk
  - d. healthy
11. WHR is the measurement of the .....
  - a. wrist circumference divided by height circumference
  - b. waist circumference divided by height circumference
  - c. waist circumference divided by hip circumference
  - d. wrist circumference divided by hip circumference
12. Which of the following is not a somatotype?
  - a. Endomorphy
  - b. Mesomorphy
  - c. Physiomorphy
  - d. Ectomorphy
13. What does somatotype mean?
  - a. Body type
  - b. Body shape
  - c. Body structure
  - d. Body height
14. Which of the following is not a characteristic of endomorphs?
  - a. Difficulty in losing weight
  - b. Prone to knee and feet problems
  - c. Underdeveloped muscles
  - d. Thick bones and muscles
15. Which of the following is not a characteristic of mesomorphs?
  - a. Lean, muscular and with flat abdomen
  - b. Broad shoulders with proportionate arms and legs
  - c. Low body fat and good metabolism
  - d. Tall and slender with fast metabolism
16. What are scores plotted in a shield diagram also called?
  - a. Ectomorphy
  - b. Somatography
  - c. Mesomorphy
  - d. Endomorphy
17. Which of the following are health related fitness components?
  - a. Muscular strength
  - b. Flexibility
  - c. Body composition
  - d. All of these
18. Which of the following test is conducted to determine flexibility?
  - a. VO<sub>2</sub> Max test
  - b. Harvard step test
  - c. V-sit test
  - d. 12 minute Cooper test
19. What is skinfolds measurement?
  - a. Manual technique of measuring body fat
  - b. Manual technique of measuring body composition
  - c. Manual technique of measuring body mass
  - d. Manual technique of measuring body weight
20. An ectomorph's diet should be rich in .....
  - a. calories and fat
  - b. fibre and fat
  - c. protein and minerals
  - d. vitamins and fibre

## ANSWER KEY

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 1. b  | 2. c  | 3. a  | 4. d  | 5. b  |
| 6. a  | 7. b  | 8. d  | 9. a  | 10. c |
| 11. c | 12. c | 13. a | 14. d | 15. d |
| 16. b | 17. d | 18. c | 19. b | 20. a |

## Chapter 7: FUNDAMENTALS OF ANATOMY AND PHYSIOLOGY IN SPORTS

- The study of the structure of living organisms is called .....
  - anatomy
  - physiology
  - kinesiology
  - biology
- The study of how living systems function is called .....
  - psychology
  - physiology
  - kinesiology
  - radiology
- Why are anatomy and physiology important?
  - To obtain knowledge of our body
  - For selection of sports
  - For preparing training programme
  - Mental and psychological correction
- Who all should have the know-how of the relationship between anatomy and sports?
  - Coaches
  - Trainers
  - Athletes
  - All of these
- How many bones are there in the axial skeleton?
  - 60
  - 80
  - 40
  - 20
- What does appendicular skeleton consist of?
  - Upper and lower limbs
  - Pectoral and pelvic girdles
  - Vertebral bones
  - Both (a) and (b)
- Which of the following is not a function of the skeletal system?
  - Locomotion
  - Symphysis
  - Calcium storage
  - Endocrine regulation
- Which of the following is not a classification of bones?
  - Long bones
  - Flat bones
  - Round bones
  - Irregular bones
- What are immovable joints also called?
  - Synarthrosis
  - Amphiarthrosis
  - Synchondrosis
  - Diarthrosis
- What are the two sub-categories of amphiarthrosis?
  - Diarthrosis and synchondrosis
  - Symphysis and synchondrosis
  - Diarthrosis and symphysis
  - Symphysis and synarthrosis
- Condylloid joints are an example of .....
  - immovable joints
  - slightly movable joints
  - freely movable joints
  - gliding joints

12. Which of the following is not a property of muscles?
  - a. Excitability
  - b. Contractility
  - c. Elasticity
  - d. Protectivity
13. Regulating body temperature is a function of .....
  - a. skeletal muscles
  - b. immune system
  - c. respiratory system
  - d. cardiovascular system
14. Pharynx, larynx and diaphragm are a part of which system?
  - a. Skeletal system
  - b. Cardiovascular system
  - c. Respiratory system
  - d. Circulatory system
15. Which of the following is not a function of respiration?
  - a. To produce energy inside the body
  - b. To produce sound through the vibration of the vocal chords
  - c. To enable olfaction, the detection of smell
  - d. None of the above
16. Which part of the human body can cover the distance around the earth twice, if laid end to end two times?
  - a. Skin cells
  - b. Blood vessels
  - c. Epicardium
  - d. Atriums
17. Which of the following is not a function of the heart?
  - a. Pulmonary circulation
  - b. Structural circulation
  - c. Systematic circulation
  - d. Coronary circulation
18. Which of the following are the types of capillaries?
  - a. Continuous capillaries
  - b. Denestrated capillaries
  - c. Sinusoidal capillaries
  - d. All of these
19. Removal of waste products and boosting immune system is a function of which system?
  - a. Excretory system
  - b. Cardiovascular system
  - c. Respiratory system
  - d. Circulatory system

#### ANSWER KEY

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 1. a  | 2. b  | 3. d  | 4. d  | 5. b  |
| 6. d  | 7. b  | 8. c  | 9. a  | 10. b |
| 11. c | 12. d | 13. a | 14. c | 15. d |
| 16. b | 17. b | 18. d | 19. d |       |

## Chapter 8: FUNDAMENTALS OF KINESIOLOGY AND BIOMECHANICS IN SPORTS

1. Which of the following is not a scope for practice of kinesiology?
  - a. Neuroplasticity
  - b. Motor redundancy
  - c. Adaptation through exercise
  - d. Reflexive capability
2. What does the study of Kinesiology primarily focus on?
  - a. Movement of human and non-human animals
  - b. Study of genetic variations in species
  - c. Study of chemical reactions in the body
  - d. Analysis of historical civilizations

3. Which of the following is NOT a sub-discipline of Kinesiology?
  - a. Biomechanics
  - b. Motor learning and control
  - c. Astronomy
  - d. Exercise physiology
4. What is the primary concept of neuroplasticity in kinesiology?
  - a. The ability to use different muscles for the same task
  - b. The study of human history through movement
  - c. The physiological change in the brain due to environmental interactions
  - d. The body's ability to perform exercises for fitness
5. What is the primary focus of biomechanics?
  - a. Study of human genetics
  - b. Study of forces acting on biological systems
  - c. Analysis of chemical reactions in muscles
  - d. Examination of diet and nutrition in sports
6. Which of the following is NOT an aim of biomechanics in sports?
  - a. Finding new techniques for athletes
  - b. Evaluating existing trends
  - c. Increasing body mass
  - d. Preventing injuries
7. How does biomechanics contribute to sports equipment development?
  - a. By designing more fashionable sportswear
  - b. By creating equipment that enhances performance and prevents injury
  - c. By manufacturing heavier gear for endurance training
  - d. By eliminating the need for coaching in sports
8. Which of the following principles of biomechanics explains why heavier objects require more force to stop their motion?
  - a. Principle of Balance
  - b. Principle of Inertia
  - c. Principle of Spin
  - d. Principle of Force-Time
9. Which biomechanical principle is applied when a tennis player puts topspin on a ball to make it drop faster?
  - a. Principle of Spin
  - b. Principle of Balance
  - c. Principle of Coordination Continuum
  - d. Principle of Segmental Interaction
10. Which movement decreases the angle between two body parts?
  - a. Extension
  - b. Abduction
  - c. Flexion
  - d. Rotation
11. What is the primary difference between flexion and extension?
  - a. Flexion increases the angle between body parts, while extension decreases it
  - b. Flexion decreases the angle between body parts, while extension increases it
  - c. Both flexion and extension decrease the angle between body parts
  - d. Both flexion and extension increase the angle between body parts
12. Which movement takes a body part away from the midline?
  - a. Adduction
  - b. Abduction
  - c. Rotation
  - d. Supination
13. What type of movement involves a combination of flexion, extension, adduction and abduction?
  - a. Rotation
  - b. Circumduction
  - c. Pronation
  - d. Supination
14. What is the correct term for rotating a body part towards the axis of the body?
  - a. External rotation
  - b. Internal rotation
  - c. Supination
  - d. Abduction

15. Which axis runs from the upper to the lower half of the body vertically?
  - a. Sagittal Axis
  - b. Frontal Axis
  - c. Vertical Axis
  - d. Transverse Axis
16. What is the function of the sagittal plane?
  - a. Divides the body into superior and inferior halves
  - b. Divides the body into left and right halves
  - c. Divides the body into front and back halves
  - d. Runs horizontally from left to right

#### ANSWER KEY

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 1. d  | 2. a  | 3. c  | 4. c  | 5. b  |
| 6. c  | 7. b  | 8. b  | 9. a  | 10. c |
| 11. b | 12. b | 13. b | 14. b | 15. c |
| 16. b |       |       |       |       |

## Chapter 9: PSYCHOLOGY AND SPORTS

1. What does psychology mean?
  - a. Study of the soul
  - b. Science of the soul
  - c. Science of the mind
  - d. Study of the thought
2. "Sports psychology explores one's behaviour in athletics." Who gave this statement?
  - a. Singer
  - b. John Lauther
  - c. Clark and Clark
  - d. K M Burns
3. How can a sports psychologist discover and interpret the psychological factors involved in a players performance?
  - a. By observing and analysing a player's mental and physical wellbeing
  - b. By observing and analysing a player's chain of thought
  - c. By observing and analysing a player's response to demands and pressure
  - d. By observing and analysing a player's body and mind balance
4. The mental aspects used in sports psychology are:
  - a. energy, balance, focus, flow and motivation.
  - b. imagery, focus, simulation and stability.
  - c. energy, balance, focus, simulation and stability.
  - d. imagery, focus, simulation, flow and motivation.
5. Which of the following is not a mental aspect used in sports psychology?
  - a. Imagination
  - b. Focus
  - c. Simulation
  - d. Flow
6. Sports psychology is not important for which of the following reason(s)?
  - a. Development of social and interactive skills
  - b. Development of physiological capacities
  - c. Aiding the learning of motor skills
  - d. Understanding the behaviour of players
7. Which of the following can be perceived but not measured?
  - a. Development
  - b. Growth
  - c. Performance
  - d. All of these

8. Which of the following is not a characteristic of growth and development?
  - a. Continuity
  - b. Orderly sequence
  - c. Heredity and environment
  - d. Behavioural moderations
9. Which of the following is not a stage in growth and development?
  - a. Infancy
  - b. Childhood
  - c. Middle-age
  - d. Adolescence
10. Adolescence refers to the people belonging to ..... years of age.
  - a. 13 – 19
  - b. 13 – 18
  - c. 12 – 18
  - d. 12 – 19
11. At what age does human eyes become mature?
  - a. 6 months
  - b. 18 months
  - c. 75 years
  - d. 60 years
12. The word adolescence means .....
  - a. to become an adult
  - b. to grow up
  - c. to gain legal rights
  - d. both (a) and (b)
13. Which of the following is not a problem faced by adolescents?
  - a. Physiological changes
  - b. Social and psychological instability
  - c. Hero worship
  - d. Peer pressure
14. Developing healthy eating and exercise habit at adolescence age are a foundation for ..... in adulthood.
  - a. good health
  - b. emotional wellbeing
  - c. sexual development
  - d. emotional challenges
15. Which of the following does not help in managing the problems faced by adolescents?
  - a. Involvement in physical activities
  - b. Encouraging hobbies
  - c. Vocational guidance
  - d. Giving body positivity lectures

#### ANSWER KEY

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 1. b  | 2. a  | 3. c  | 4. d  | 5. a  |
| 6. a  | 7. a  | 8. d  | 9. c  | 10. c |
| 11. a | 12. d | 13. b | 14. a | 15. d |

## Chapter 10: TRAINING AND DOPING IN SPORTS

1. How many principles are there of sports training?
  - a. 15
  - b. 14
  - c. 12
  - d. 9
2. Which of the following qualify as the points to be considered under the principle of individual differences?
  - a. Smaller muscles take more time to heal as compared to large muscles
  - b. Slow twitch muscle fibres have a faster recovery rate than fast twitch muscle fibres
  - c. Slow movements lead to faster recovery than fast or vigorous movements
  - d. Generally men recover slower than women

3. Principle of Continuity, Principle of Cyclicity and Principle of Specificity fall under Principles of .....
- Development
  - Movement
  - Warming-up
  - Training
4. Warming-up is necessary for preparing the body .....
- physically
  - mentally
  - emotionally
  - Only (a) and (b)
5. Time spent in warming-up and cooling down will .....
- improve an individual's level of performance accelerate the recovery process
  - improve metabolism and boost confidence
  - improve muscular flexibility and reduce reflection time
  - improve appetite and boost immunity
6. Sunbath and steam bath are two types of .....
- detoxifying
  - warming-up
  - cleansing
  - sweating
7. Which of the following are the benefits of .....
- Increased strength
  - Increased flexibility
  - Increased endurance
  - All of these
8. Physiological basis of warming-up does not include .....
- increase in metabolic rate
  - reduction of blood lactic acid
  - increase in speed of muscles
  - increase in working capacity
9. Guiding principles of warming-up are age and sex specific. Is the given statement valid?
- Yes, it is
  - No, it isn't
  - Can't say
  - Seldom
10. Which of the following are common stretches used in limber down?
- Hamstrings
  - Chest
  - Glutes
  - All of these
11. Which of the following is not a benefit of limbering down?
- Eliminating waste products
  - Supply of oxygen
  - Reduction of tension
  - Removal of clots
12. Handspring in gymnastics is an example of .....
- style
  - technique
  - skill
  - all of these
13. Coactive skills involve .....
- direct confrontation
  - indirect confrontation
  - complex movement
  - accurate movement
14. .... defined technique as "The most rational and effective form to perform exercises."
- Grosser
  - Ozolin
  - Jersild
  - Sadler
15. Style is the expression of ..... in motor action.
- technique
  - skill
  - movement
  - interaction



16. An athlete's use of prohibited drugs or methods to improve training and sporting results is called .....
- a. addiction
  - b. doping
  - c. doop
  - d. transfusion
17. .... can lead to infection and overhydration.
- a. Chemical and physical manipulation
  - b. Gene doping
  - c. Alcohol consumption
  - d. Stimulants
18. Which of the following fall under the category of performance enhancing drugs or substances?
- a. Narcotics
  - b. Cannabinoids
  - c. Gene doping
  - d. Glucocorticoids
19. Which of the following is a substance prohibited at all times or in-and-out-of-competitions?
- a. Narcotics
  - b. Diuretics
  - c. Cannabinoids
  - d. Beta-blockers
20. Which of the following is not a harmful effect of substance abuse?
- a. Physical attributes will be high
  - b. Person will become addicted
  - c. Person will become mentally imbalanced
  - d. Willpower will be low

**ANSWER KEY**

- |       |       |       |       |       |
|-------|-------|-------|-------|-------|
| 1. b  | 2. c  | 3. d  | 4. d  | 5. a  |
| 6. b  | 7. d  | 8. c  | 9. a  | 10. d |
| 11. d | 12. c | 13. b | 14. b | 15. a |
| 16. b | 17. a | 18. c | 19. b | 20. a |